

# Nutrition Challenges

## Go meat-free for a day

Tune into your inner vegetarian and get creative with protein choices! Win-win for you and the planet.



TRY A NEW RECIPE



COOK WITH ANOTHER FAMILY MEMBER



EAT 5 SERVINGS OF FRUIT & VEG IN 1 DAY

SWAP YOUR EVENING TREAT WITH A PIECE OF FRUIT

EAT ONLY HOMECOOKED MEALS FOR 1 DAY - NO TAKEOUT!



## Cut sugar

Can you go a whole day without any added sugar? It's harder than it seems...check your labels!

COOK WITH A VEGETABLE YOU'VE BEEN NEGLECTING

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TRY COOKING WITH AN INGREDIENT YOU'VE NEVER USED BEFORE

NO PROCESSED FOODS FOR A DAY

NO CAFFEINE FOR A WHOLE DAY



EAT A MEAL WITH NO DISTRACTIONS. PUT DOWN YOUR PHONE AND TURN OFF THE TV

## Create a meal plan for the week

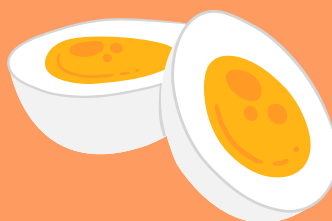
this not only helps you keep on track, but makes grocery shopping less painful too! Bonus point if you include other family members in making the plan.



TRY A NEW FRUIT OR VEGETABLE

NO EATING AFTER 8 PM

TAKE THE TIME TO MAKE AN EGG-CELENT BREAKFAST



TRY A NEW WHOLE GRAIN



share pictures of your completed challenges on the employee\_wellness slack channel!